



# Washington NEWS Massage



EDITOR  
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JUNE, 1956  
SNOHOMISH, WASH

ASSISTANT EDITOR  
REGINA WILLIAMS

## OUR NATIONAL PRESIDENT

Sends an encouraging word to the editorial staff (much appreciated)

and follows it with comments you too will enjoy reading. We quote,  
"I was greatly pleased that one of our members had the opportunity to give a massage demonstration over K.T.N.T. This is really good public relations. Arthur is to be congratulated in being the first to start the ball rolling along this line. I was also glad that our first state chap should have this opportunity to set the pace for the rest of us to follow. It shows it can be done.

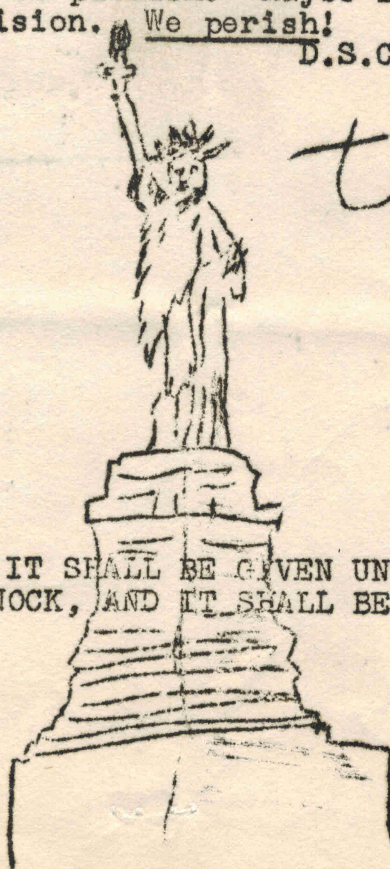
"The Customary Miracle" which Ruth Williams commented on was very good. We do not have many people who have the ability to give such an intelligent report, but aside from this, the case was a most remarkable recovery in spite of the phenobarbitals administered. Now you see why I would like to see a laymans publication so we could publish cases like this for the suffering public to see what can be accomplished through massage and physical therapy. I would like to shout it from the house tops. This is one case I would like to comment on at convention, not that many others do not have cases just as dramatic, but few have patients that can report or write a letter that would command the interest of the public like this letter. Furthur, there are few patients who would go to the trouble of writing a letter of appreciation like Mrs. MacMillan. Hope you can get some more of this kind to publish. Maybe I am visionary, but God help us when we lose our vision. We perish! Sincerely yours,  
D.S. Carlson, President

Let

there

be

light



THOUGHT FOR TODAY: ASK AND IT SHALL BE GIVEN UNTO YOU; SEEK, AND YE SHALL FIND; KNOCK, AND IT SHALL BE OPENED UNTO YOU. Math. 7-7



## THE SPOKANE CHAPTER

Will host the Tri-state convention this year and while we don't have a complete program at this time we can judge from the past and know that they are going all out to make your visit a happy and profitable time for you. Following is an announcement regarding rooms.

Members: The State Convention of the Washington Chapter of the A.A.M.M. will be held in the Elisabethan Room, Davenport Hotel, June 9 & 10, 1956. (The visiting states will hold their business sessions at the same time in other rooms.) There will be a general "get-together" Friday evening June 8th for all states. Everyone is urged to be here Friday night to get registered and enjoy the big party. T.V. program Friday 4:30- 5:00 P.M. Convention starts at 9 o'clock Saturday morning. Free lunch at noon for all states. Demonstrations in afternoon for all, with Tri-state business meeting at 4 P.M. The Saturday night banquet at about 6:30 will be followed by a lot of good entertainment. (\$3.50 per plate. All states) There will be no registration fee. This is one convention no one should miss. Davenport Hotel rates: Single room with shower or bath \$5 to \$11. Double room with bath \$7. to \$12.

Twin bedroom with bath \$9 to \$14.

Please make room reservations early as there are several conventions in the city at this time. Leston T Short and F E Bloom Spokane

## News from the Seattle Chapter

The next meeting of Seattle local will be in Mannings Coffee Shop, 319 Union Street (near the old post office on 3rd & Union) The meeting will start at 7:00 P.M. on Saturday July 14th. Remember this is a big change from what we have been having. The time will be Saturday, so those that have been making the excuse that they won't come on Sunday because of Sunday being sacred, will have a chance to prove what they say and it will be Saturday evening so those that go out on Sat. night to roam can roam into our new meeting place. Some of us expect to get our dinner at Mannings and have our meeting and demonstration afterward. Be sure to be there and tell all those that can't read our paper that the next meeting will be at Mannings Coffee Shop.

### Report of last meeting.

The last meeting was held May 6th at the Swedish Club. We had our annual election of Officers. P.R. Canaday was elected as president (unanimously) Regina Williams, vice President; Dorothy Mann Secretary J.L. Hatch assistant secretary. Milton Niedfelt and John Murry were added to the officers to complete the executive board. A discussion was had about the State and National Convention. Mr Niedfelt was assigned to the problem of bringing up the question of our Seattle Zoning Ordinance, and since Regina Williams had some difficulty locating a new place, altho they wanted to buy. It was decided to send a committee of Niedfelt, Murry, and Williams to the hearing on the ordinance in the Seattle Safety Building, May 23rd., and impress upon them that our Massage technicians should have the same privileges as nurses and doctors when it comes to places of work.

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Short, short snorts: From darkest Africa comes this note: "I represent the South African Witch Doctors Association and we need your help in cleaning out the quacks."

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## Diet for Health by Dorothy V. Mann

I do not know how many of our members study and recommend health diets in conjunction with massage, but I for one believe that a good many organic disorders could be alleviated or eliminated by special health diets, massage and proper health habits. I shall mention a few of the supplement foods in form of vitamins and minerals, which I feel are necessary to keep the body in good repair, for I find that the lack of them will cause certain symptoms to develop. Following I will list a few of the foods and vitamins and what they can do for you:

Reduce starches, sugars and fats for dry skin and wrinkles. Vitamins A-G-E are the chief stimulants to cell growth and reproduction. Vitamin C speeds up oxidation so also helps aging tissue. The above mentioned supplemental foods help ward off premature aging. Vitamin C plays an important role in helping to keep the arterial walls supple and soft. The heart muscles which are constantly pumping blood have a special vitamin B<sub>1</sub> chemistry which helps to remove the acids of tiredness. Thus the never resting heart tissue needs relatively large amounts of vitamin B<sub>1</sub>. To all practical intents and purposes, a deficiency in vitamin B<sub>1</sub> has the same effect on the heart as strain from over excitement and over exertion (fatigue).

Protein is needed for tissue repair (2½ to 3 oz. actual protein) 2000 to 300 Int. Units. Protective fruits and vegetables should be especially stressed because the calcium and sodium salts, as well as the trace minerals such as potassium, help to sustain and regulate heart action. The excessive use of starch and sugar foods may favor the retention of water in body tissue. For the same reason salt restriction is often very helpful, for salt excess may cause local tissue waterlogging and consequent distress. Lack of vitamin A may cause gravel and certain types of kidney stones to form. Some types of kidney disturbances may be allergic in origin. For retention of food and gas formation use: B-Complex (especially B<sub>1</sub>) and vitamin D and calcium.

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### DO YOUR EMOTIONS SHOW?

By Ruth Williams

The skin is a reliable index to emotional expression. The psyche exerts a great influence on the skin, perhaps more than any other body site. The normal individual will be observed to blush when embarrassed, blanch when frightened, perspire when nervous, and itch when impatient or irritated. Normal sensations are accentuated when the emotions are exaggerated such as at times of stress, strain and tension. The Masseur must observe as psychosomatic disorders such conditions as eczema, hives, itching, oiliness, acne and abnormal perspiration, among others. The psychic factor is often more important than the somatic organic component. A weeping spell has been observed to be followed by the disappearance of the hives. The individual in this instance had obstructed one of nature's outlets for tension. The Masseur must determine the nature of the skin eruption, particularly in chronic or recurrent disorders which do not respond to therapeutic efforts. Unconscious factors must be made conscious. A process of self-understanding must be practiced many times a day. The conquest of guilt, fear and hostility by the substitution of love, constructive attention-gaining activities, and voluntary conscious sublimation of frustrated desires along individually satisfying channels will accomplish psychic beauty. Try it and see.